



### LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$ .40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte	\$1.25

### Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

### Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

### 5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



### ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit



*\*If you have a food allergy, please speak to the Director or Lead Server.*

*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*

*\*Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

**Kevin Silvia @ 781-721-7033**  
**WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonably available. Visit [www.Whitsons.com](http://www.Whitsons.com) to see all that we are doing to help save the environment!



**V = VEGETARIAN SELECTION**  
**= HEALTHIER CHOICE**  
**P = PORK PRODUCT**

### Murray's Holiday Fruit Snacks



We all have a tendency to eat more during the holidays. When those cravings hit, why not try something naturally sweet that is fun to eat? Try: low fat blueberry muffins, apple cinnamon bread, sliced melon mixed with plain vanilla yogurt, or even mixed fruit salad. Try to avoid those high fat snacks and desserts.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*Fruit of the Month*



**Pears**



**1. Chicken Nuggets** 6  
Breaded chicken nuggets served w/sweet sour dipping sauce & bake potato wedges  
2. Pretzel Lunch  
Steamed Corn

**1. Gloria's Pizza** 7  
Whole Wheat Cheese Pizza Slice  
2. Bologna & Cheese Sub  
Cucumber Wheels

**1. Hot Dog** 1  
All beef hot dog in a wheat bun served w/ maple baked beans, baked pretzel.  
2. Chicken Caesar Salad  
Bagged Carrots

**1. Macaroni & Cheese** 2  
Pasta in a cheese sauce served w/ breadstick  
2. Ham & Cheese Wrap  
Garden Salad

**1. Gloria's Pizza** 3  
Cheese Pizza slice  
2. Tuna Sub  
Chopped Caesar Salad

**1. Roast Turkey Dinner** 13  
Roast Turkey w/gravy mashed potatoes, green beans  
2. Chicken Salad Wrap  
Cupped Cranberry Sauce

**1. Gloria's Pizza** 14  
Whole Wheat Cheese Pizza Slice  
2. Greek Salad  
W/ Pita Bread  
Garden Salad w / Italian light Dressing

**1. BBQ Chicken Sandwich & Soup** 15  
Breaded chicken topped w/ bbq sauce & served w/ chicken noodle soup  
2. Veggie Wrap  
Fresh Bananas

**1. Cheeseburger Sliders** 16  
Two all beef sliders topped w/ cheese & Served w/ Oven Fries  
2. Turkey & Cheese on wheat roll  
Strawberry Cup

**1. Gloria's Pizza** 17  
Cheese Pizza slice  
2. Nacho Lunch  
Caesar Salad

**1. Southwest Chili & Cornbread** 20  
Beef & Bean Chili topped w/ cheese served w Cornbread & Cupped pears  
2. Chef Salad  
Celery Sticks W LF Dip

**1. Gloria's Pizza** 21  
Whole Wheat Cheese Pizza Slice  
2. American Sub  
Chopped Romaine Salad

**1. Pasta & Meatballs** 22  
Whole grain pasta tossed in marinara sauce served w/ meatballs  
2. Salami & Cheese Wrap  
Caesar Salad

**1. Brunch Lunch** 23  
French toast sticks w/ syrup served w/ sausage patty  
2. BLT Cheese Wrap  
Apple Blueberry Crisp



**School**

**Vacation**

**Week**

**Happy**

**Holidays**

**DID YOU KNOW?** Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS